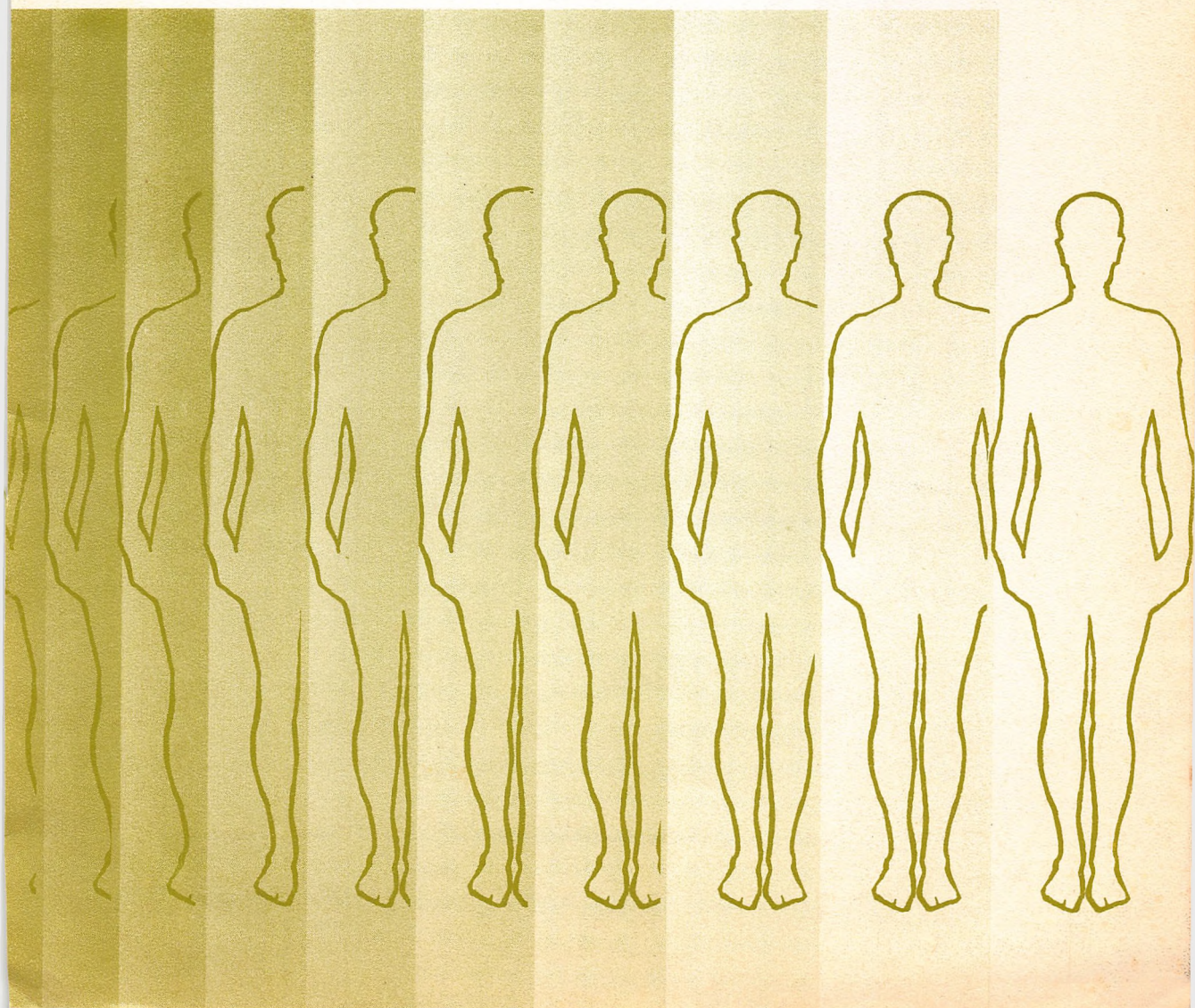


TEN STEPS TO SELF- FULFILLMENT

By Robert G. Chaney

STEP 10

The Greatest Law of All



Illustrations by Teodors Liliensteins

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TEN STEPS TO SELF-FULFILLMENT

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STEP 10

THE SIXTH MYSTICAL LAW:

The Greatest Law of All

The Law of Love

Can you say that love is something new?

No -- it's an expression of the Self that has existed as long as man has realized that he was not alone in the world.

Can you say that love is something old?

No -- each time you experience it, it's as new as the sunrise.

Love, therefore, is timeless. But is it merely a concept, or is it an actual quality of substance and reality?

I've often heard it said that love cannot be placed in a test tube and measured in the scientific laboratory. But this simply isn't true, for modern science has, in effect, accomplished this seemingly impossible task. Not with a test tube but with psychological research and highly sensitive electronic equipment.

Dr. Pitirim Sorokin, now one of the world's leading sociologists, has conducted just such research. In 1918 he was a hunted quarry of the Bolsheviks. Captured, condemned to death by the firing squad, he became an eye-witness to cruelty in its most degrading form -- man's deliberate inhumanity to his fellow human being.

How he escaped and later became world renowned is another story. But his horrendous experiences at the time may account for his later interest in a quality which is the exact opposite of the one he witnessed then...the quality of love.

He is the author of a profound book, *The Ways and Power of Love*, and many other writings of which there have been thirty-two foreign translations.

Some years ago, I conducted a radio program on which I interviewed many prominent people concerning their experiences and philosophies. Among them was Dr. Sorokin, at that time director of the Harvard University Research Center for Creative Altruism.

Here are some of the questions and answers from the radio program.

RGC: The popular conception is that the miserly and the disagreeable always seem to live to a very advanced age. Your book, *The Ways and Power of Love*, suggests that loving people live longer than do the self-centered. How did you arrive at this conclusion?

Dr. S: First, through a study of the duration of life of some 3600 Christian, altruistic saints. Second, through the study of the longevity of criminals. And third, taking into account the results of psychosomatic medicine about the effects of hateful and inimical emotions on health.

Though more than 90% of the saints lived in the centuries from the 1st to the 17th, when the average duration of life was much shorter than in the present century, and though most of these saints lived in unhygienic conditions, and many of them were ascetics and often denied satisfaction of their bodily needs, and though 37% of them died prematurely as martyrs, nevertheless their average duration of life was even longer than that of the American population of the present time, and notably longer than that of their contemporaries.

The most probable factor of the greater longevity of the saints appears to be a superabundance of their unselfish love to God, to neighbors, and to all living creatures.

In the second place, the longevity of criminals and the people burdened with hate, animosity, aggression and other inimical emotions and actions, is as a

rule notably shorter than that of the normal population, and much shorter than that of the saintly altruists.

Finally, today's psychosomatic medicine confirms these conclusions by a sufficient body of evidence showing that many forms of illness, such as cardiovascular, respiratory, gastro-intestinal and others, are caused mainly by disorderly, hateful, angry and inimical emotions and actions.

RGC: In printed Lessons which Astara sends to its members around the world, we teach that love is the basic energy of life -- that in a sense it holds the building blocks of the universe together. Now in your laboratory how do you measure love as an energy of actual substance, rather than as a mere feeling? What is the actual laboratory procedure?

Dr. S: Unfortunately, no one has as yet invented the exact unit of love energy, like the erg in physics, for exact measurement of this energy. For the present we have to use a rough approximation to such a measurement. For such a rough appraisal of the magnitude of love energy, we distinguish first of all five dimensions of love.

First, its intensity, which obviously is higher in such love actions as sacrificing one's life for the well-being of others as opposed to the act of giving a few cents to the poor, or your seat in a bus to a nice looking lady.

The second dimension of love is its extensity. That is, over how many persons or living creatures your love extends.

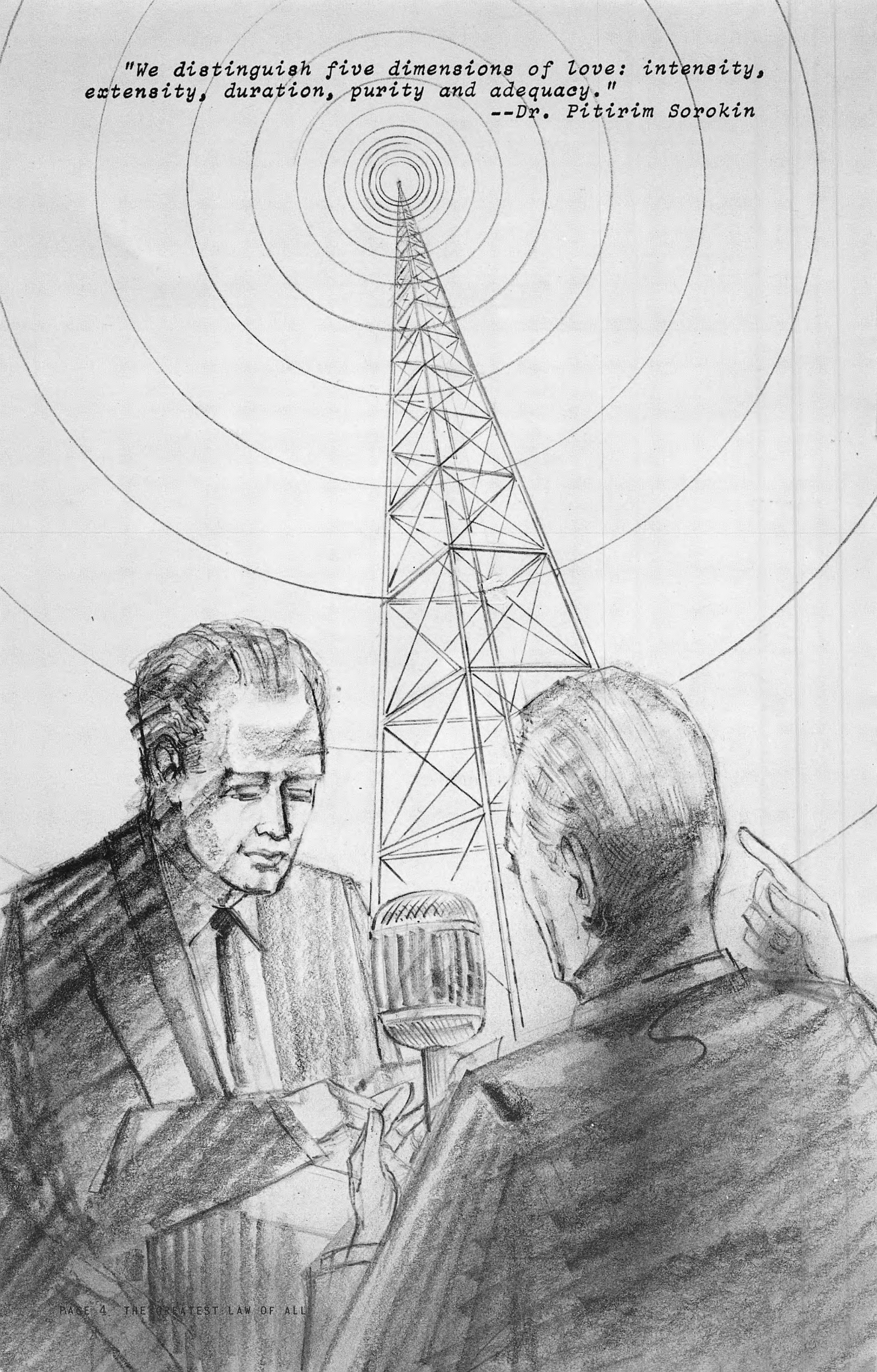
The third dimension is love's duration. That is, how long it lasts.

The fourth dimension is love's purity. That is, whether it is motivated by utilitarian or hedonistic motives, or by love for the sake of love without any consideration of advantages or disadvantages.

The fifth dimension is adequacy of love. That is to what extent the expected results of love actions coincide with their objective consequences. Many mothers blindly love their babies and through their wrong and inadequate acts of love they often spoil them, and build inimical instead of amicable relationships between themselves and their children.

*"We distinguish five dimensions of love: intensity,
extensity, duration, purity and adequacy."*

--Dr. Pitirim Sorokin



The next step in our appraisal of love is to roughly estimate, on a scale from 0 to 100 on each dimension, where approximately on each dimension a given act of love stands. Having given it say 60 on the dimension of intensity, 25 on that of extensity, 15 on duration, 20 on purity, and 75 on adequacy...combining these rough dimensions we obtain a very rough quantitative indicator of the total magnitude of love energy of a given action. In general, the higher the intensity, the vaster the universe on which love extends, the longer its duration, the purer and more adequate it is, the greater is the total magnitude of love energy of any given action.

RGC: Has your research shown that love is entirely a spontaneous activity -- or can it be generated at will?

Dr. S: Our studies of the great apostles of love disclosed two different types of altruists. One type, called by us the "fortunate altruist," spontaneously grew since their childhood in this altruism like flowers grow, silently, harmoniously, without any catastrophe or crisis. Their life-long unselfish love seems to be spontaneously flowing from their very nature.

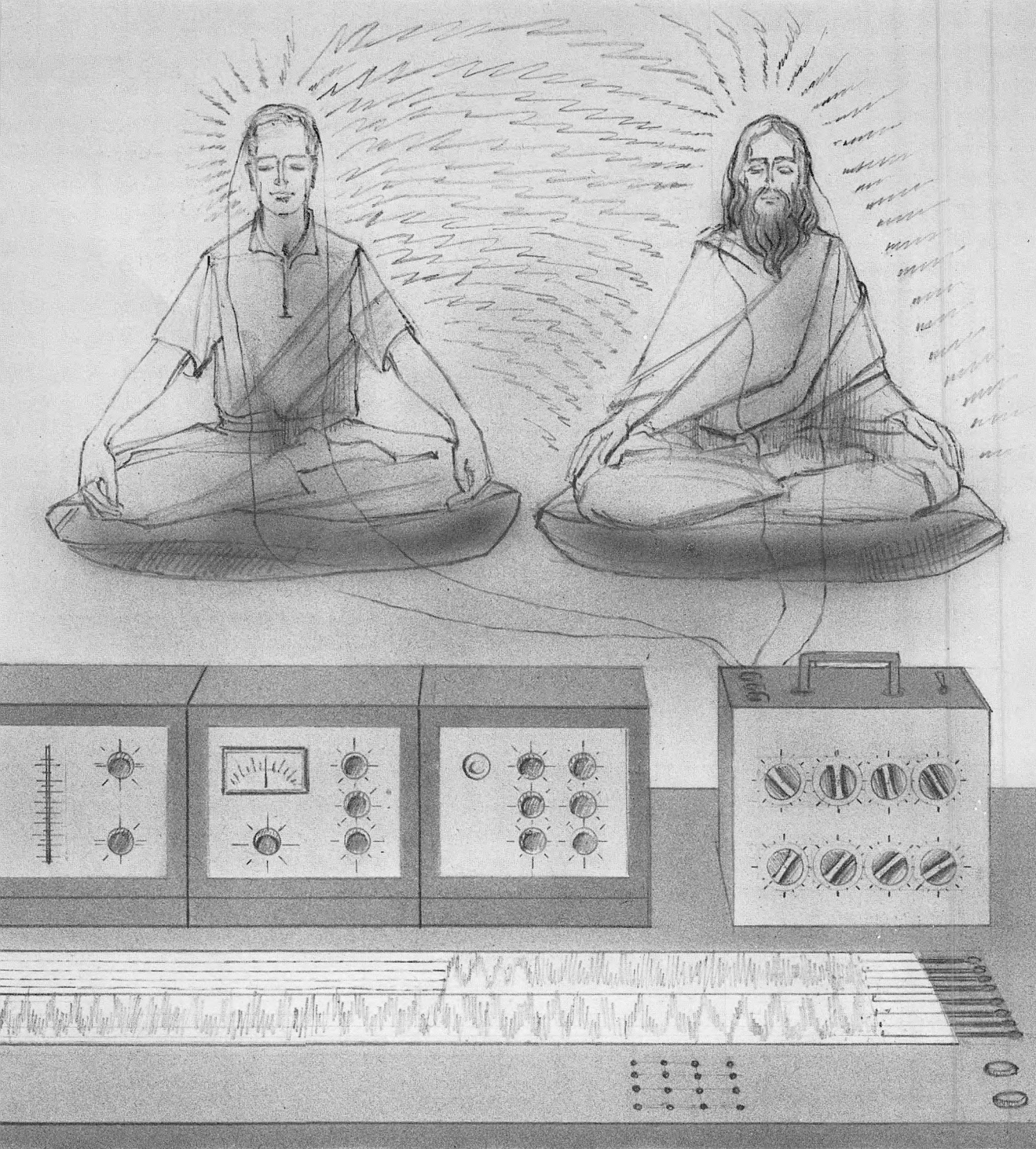
The other type of altruist, called by us the "catastrophic altruist," become altruists only at a later period in their life, ordinarily after some catastrophe like illness or degradation or death of a dear person. They precipitate their total transfiguration from a previous egoist into an eminent altruist.

This type of altruist undergoes a painful, very difficult and fairly long period of effortful struggle in the process of transfiguration. This struggle is carried on through incessant exercise of a strong will and a stern self-discipline.

These two ways of becoming an apostle of unselfish love mean that love is a spontaneous as well as a learned and volitional activity. Even "fortunate altruists" incessantly reinforce their spontaneous love by continuous practice of good deeds, prayers, meditation and other volitional actions.

RGC: If one of our listeners wishes to generate a love feeling, responsive to his own, in another person -- another member of his family, or a friend -- what has your research shown he should do?

Dr. S: It depends upon the kind of individuals



An electroencephalograph is attached to a Guru (teacher) and his disciple (student). Both are asked to express love. Their brain wave radiations are measured by the instrument.

Radiations from the Guru register significantly, but those from the disciple are too weak to register. However, when the Guru is requested to center his expression of love on the disciple, the student's brain waves also register, though to a lesser degree than the Guru's.

Thus love is seen to be an actual energy, capable of being transmitted and received.

involved. The simplest and most accessible method for all is the method of good deeds rendered by such a person to the other person.

By good deeds I mean the deeds of the Golden Rule and all the precepts formulated in the Sermon on the Mount and in the moral precepts of all great religions.

However, these good deeds should be performed not blindly but adequately, guided by the scientific knowledge of what kind of a good deed, and under what conditions, is the most adequate in each case. A blind love, and a wrong good deed, may miscarry and give negative instead of positive results.

LOVE MEASURED BY EEG

The EEG (electroencephalograph) is an instrument which measures brain wave radiations. In numerous experiments by Dr. Sorokin and others an accomplished Yogi was the subject. A Yogi was selected after tests with many persons because through training in yogic disciplines he had acquired greater than normal control over expressions of consciousness. When asked to express love, the EEG registered the electrical intensity of the Yogi's expression.

When the Yogi was asked to center his expression of love on a disciple, a response was registered by the EEG in the disciple's brain waves, though it was weaker than the force originated by the Yogi.

This experiment shows that love is more than merely a concept of the human imagination or a simple inner feeling, that it is an actual energy, and that it is capable of eliciting a response in the one to whom it is directed.

Let us return to the radio program.

RGC: What has your research shown in connection with the apparent superiority of the Yogi in generating and controlling love energy?

Dr. S: The Guru's mere presence, the wave emanations that he pours toward his disciples, put them in a *Dhyana* state, that is the state of the intensest concentration in which divine life in the subject contemplates divine life in the objects of contemplation.

Likewise the instruments also registered an induc-

tion by the Guru to his disciples of the effective states of altruistic love. In order that such an induction may be successful, the disciples must also be in the proper mental condition requisite for receiving.

However, I must make a reservation that the techniques of Raja Yoga, particularly, are so difficult and complex that they are inaccessible to the majority of human beings. For this reason the techniques of the Bhakti and Karma Yogas, and other techniques accessible to most normal people, are more important.

(Note: Raja Yoga, or Royal Yoga, is a combination of all forms of yoga, centered upon the development of mind power. Its goal is the achievement of "mind over matter." Bhakti Yoga is concerned with the development of spiritual awareness. Karma Yoga pertains to the practice of good deeds.)

Dr. S. continues: The experimental studies of the techniques of yoga and other techniques is just beginning, and until they are investigated a great deal more, we cannot state as to which of these very complex and subtle techniques is particularly effective in the altruistic transformation of man.

(Note: Because it was specifically created for people of the Western world, Astara's technique of Lama Yoga is particularly effective as a yogic discipline. It is detailed in Astara's First Degree Lessons.)

HOW MEDITATION, PRAYER AND LOVE AFFECT BODY PROCESSES

RGC: Your book titled *Forms and Techniques of Altruistic and Spiritual Growth* discusses the fact that such spiritual activities as meditation and prayer have a marked effect on certain body processes. What are some of these effects? -- How do you account for the connection between purely physical functions and spiritual activities?

Dr. S: First of all, I must stress that only a portion of all prayers and meditations tangibly affect bodily processes.

Second, a considerable portion of the effects of the effective prayers and meditations can be accounted for by the psychosomatic factors resulting from a close interdependence of our mental and bodily processes.

Third, there are however the effects which cannot

be explained by these psychosomatic factors. For their explanation we have to introduce the additional factor we call supersensory and suprarational energy, differing from the psychosomatic factors of the unconscious and the conscious energies in man. We still know little about this highest form of energy. The Greeks called it by the name of NOUS. Others named it nouma, spirit, Supreme Spirit, inner light, divine energy, genius and many other terms.

Whatever the name, this supersensory and suprarational energy seems to be the highest creative energy in man. When it is successfully invoked and aroused it plays a very important role in affecting the bodily processes. It affects heart, lungs, and other important organs of our body. Many studies, including my own, demonstrated its decisive role in the highest creative activities of genius and in other bodily functions.

A study of this higher energy is going to be the most important field of exploration confronting man at the present and in the future.

WE ARRIVE AT SOME CONCLUSIONS

To put the interview with this eminent sociologist and researcher into easily viewed perspective, let's select the important points of Dr. Sorokin's statements and list them.

1. The practice of love adds to the length of life.
2. Love has dimension in the following categories:
 - a. intensity,
 - b. extensity,
 - c. duration,
 - d. purity,
 - e. adequacy.
3. Love can be spontaneous, aroused by catastrophe, or generated at will.
4. Love is best expressed by good deeds, following the Golden Rule and other moral and ethical precepts.

5. To be effective, love must be properly directed.
6. Love is an actual, scientifically measurable quality.
7. Love uses supersensory, supra-rational energy.
8. Love improves bodily organs, especially heart and lungs.
9. Love is the highest creative energy in man.
10. Love is the most important field of scientific research.

With these idea in mind, I can do no better for a capsulization of love than to turn to the ancient Taoist scripture which says:

*Love is victorious in attack
And invulnerable in defense.
Heaven arms with love
Those it would not see destroyed.*

LOVE IS LIFE'S BASIC NEED

In two or three of our previous Steps, we have studied the 7 Basic life Forces. For a moment let us consider life's basic need...love. It is separated into two aspects...to be loved...and to love.

As powerful as is the need to be loved, the need to love is still the greater. In fact, one who is not knowingly loved needs all the more to express love.

Some persons simply never find the opportunity to be loved by another. They find, or should find, an outlet for their love-urge in loving a vocation, an idea or an ideal, a group, a pet, a hobby. Whatever it may be, it becomes the object of devotion in the life of such a person.

Of all the capacities which you possess, the most powerful is the capacity to love. And while we often interpret the love-need as being directed toward us it is important to remember that in its most profound meaning it is an urge that is flowing in the opposite direction...from the center of our beings toward an object of devotion (person, thing or situation).

Man in the modern world seeks *a way* to fulfill himself. The sterile, mechanical atmosphere which surrounds him is a thief which each day robs him of another portion of his supply of *meaning*. Therefore he needs more than ever before to enlarge and strengthen his ability to love. The capacity is always present. The urge is a constant pressure. The need is of the utmost potency. To enhance the ability, by the practice of love, is what is then required to satisfy the need.

So let us examine how to enhance the ability to satisfy life's basic need by learning more about love than usually appears on the surface.

THE MAGNETIC QUALITY OF LOVE

If the experiments of Dr. Sorokin and others inform us correctly, a loving thought directed toward another person (or pet or any living thing, for that matter) becomes objectified in a magnetic radiation which emanates from the one who generates it.

Every electronic energy expresses a magnetic attraction (or repulsion) toward other electronic energies. Thus we see that the relationship between two persons may be one which activates varying degrees of magnetic interplay between them that go far deeper than merely a personality attraction. If the relationship is on the level of friendship only, this psycho-magnetic interplay is less strong, less intense, less magnetic, than if it is on the basis of profound love.

To offer what may be an oversimplified example, a magnet can attract and hold a piece of metal or a certain weight. We might relate this in our illustration with a degree of friendship. But if an electrical current is introduced to the magnet, it can hold a piece of metal ten or even a hundred times as heavy. This would illustrate the introduction of a degree of love to the degree of friendship already expressed.

We are "drawn" to one another, or repelled by one another, as much by what transpires within us in the way of psycho-magnetic radiations as by other qualities, perhaps more so. What is seen with the eye, heard by ear, sensed by touch, therefore, may very well have less to do with our loving one another than what is generated inwardly by combinations of many mysterious factors.

Love fades when it becomes dependent upon what we see, hear and feel. Love grows stronger when it becomes a heightened interplay of psycho-magnetic qualities between two persons.

Dr. Sorokin said that in general the Golden Rule... to do unto others...is the best way to generate a response in another person. The reason it may generate a response is not because of the act itself, but because of the psycho-magnetic force that accompanies the act. That force, meeting a receptive center in the other person, then heightens the attraction as between the magnet and the piece of metal when electricity is added to the force of the magnet.

But there are kinds of metal for which the magnet has no attraction. And we must remember that acts of love, however well intended, do not always encounter a receptive center in the other person. This may mean that the other person is still functioning only from the outer personality...or, though you don't intend it so, that you are not acting from as deep a center of your own being as you had thought. In any given instance, you must make the judgment about this for yourself.

If such a situation of non-responsiveness exists, then you must decide whether only a degree of friendship is possible in the relationship, or that the relationship is not compatible at all and should be continued only superficially, or perhaps should be terminated. The complex factors affecting each individual relationship forbid offering rules to govern such a decision.

In any event, nothing is ever really lost by loving. If it is not responded to, one may be deeply hurt but, if we face facts honestly, that hurt is usually the plaint of a wounded pride. (Or it may even be involved with the working out of one's personal karma.) The old saying that "it is better to have loved and lost than never to have loved at all" is of small solace but so very true. In that event, the inner surge of love which is an inherent quality you possess, must be turned in another direction where it will be more apt to find receptivity and responsiveness.

From all that Dr. Sorokin has told us about what love accomplishes within you, as contrasted with what it does to satisfy your own desires, we can only conclude that:

LOVE FULFILLS THE LAW

There is many an analysis of love that has found only selfishness. And indeed many expressions of love are misdirected in this way. But what those who have analyzed love with this result have failed to realize is that they were analyzing only selfishness in the first place.

Were I to take a lump of lead to the laboratory and say, "Analyze this gold," the lab would report that it was only lead. Should I then state that all gold is lead? This is precisely what many analysts have done. They have mistaken lead for gold -- selfishness for love.

Researchers in the field of mental health have given us a definition of the norm in their area. They say that mental health is the ability to love, reason and create. In my opinion, the greatest of these is love.

These modern researchers merely reinforce and substantiate what Paul wrote to the Corinthians so long ago. We are told by modern translators that in his treatise the word charity should have been translated as love. This, according to the eminent Bible translator Dr. George Lamsa, would make Paul's treatise read:

Though I speak with the tongues of men and of angels, and have not love in my heart, I am become as sounding brass or a tinkling cymbal.

And though I have the gift of prophecy, and understand all mysteries and all knowledge; and though I have all faith, so that I could remove mountains, and have not love in my heart, I am nothing.

And though I bestow all my goods to feed the poor, and though I give my body to be burned, and have not love in my heart, I gain nothing.

Love is long-suffering and kind; love does not envy; love does not make a vain display of itself, and does not boast, does not behave itself unseemly, seeks not its own, is not easily provoked, thinks no evil; rejoices not over iniquity, but rejoices in the truth; bears all things, believes all things, hopes all things, endures all things.

Love never fails; but whether there be prophecies, they shall fail; whether there be tongues, they shall

cease; whether there be knowledge, it shall vanish away.

And now abide faith, hope, love, these three; but the greatest of these is love.

Then in another letter, this time to the Romans, Paul said, *Love is the fulfillment of the law.*

And later to the Galatians he wrote, *All the law is fulfilled in one word, Love thy neighbor as thyself.*

To love yourself is not to fawn over your own qualities of being. It is to make every aspect of your being harmonious within itself, and your entire Self harmonious with all other forms of life and with the Infinite.

To love your neighbor as yourself is to become as harmonious with him as you are within yourself. There are some who say that the law of laws is eternal harmony. Harmony and love are so intertwined as to become indistinguishable.

To say that harmony is the greatest law of all, or that love is the greatest, is to say the same thing, for they are inseparable mates in the mystic marriage of the individual with life.

There is one thing we have all discovered. The stomach is not the only hunger zone. The mind and heart must also be fed. Faith, hope, reason, creativity...these feed the mind. Love feeds the heart. But if love is so important an aspect of Self-fulfillment, where do we find it and how do we begin to express it?

THE STARTING POINT IS THE SELF

Love is the essence of the Soul-Self. One might say that a majority of the electronic particles of which the soul is constructed are composed of love energy. It is the basic essence which gives life and meaning and the urge toward expression and fulfillment to the Self. This is a basic concept we often overlook.

As the poet Edmund Gosse has expressed it:

*Love, flooding all the creeks of my dry soul
From which the warm tide ebbed when I was born,
Following the moon of destiny, doth roll
His slow rich wave along the shore forlorn,
To make the ocean -- God -- and me one whole.*

You must begin with yourself. Until you love yourself (appreciate yourself as a worthwhile entity), you cannot love your neighbor (express the law of harmony), for subconsciously you will not consider yourself worthy of giving and receiving love.

Then the next step is to --

EXTEND THE HORIZON OF LOVE

You must, then, widen the scope of your love -- extend its horizon -- to include your neighbor in its radiant sphere of expression. Your neighbor is not necessarily the person living next door. It is someone other than yourself...husband, wife, children, parents, friends, business associates.

You not only love in, you must love out. *I have fallen in love outward*, said Orestes. He meant simply that he had begun to love his neighbor as himself, that his love was an energy flowing through himself outward to the world of men and things around him.

There is a great power inherent in love. It is not simply a feeling, it's an irresistible urge to expression. It's not only self-expression; it's selfless expression.

There is an important point to remember. Many assume love to be the satisfaction of passions. It is much more. Deep, profound love transcends passion. It is harmonious adjustment and alignment with others which, under certain circumstances, may include the expression of passions only as the physical-emotional aspect of love between two persons.

LOVE IS ANOTHER DIMENSION OF REALITY

As you look upon the surface of the sea, you observe the color of the water, the motion of the waves, the horizon where the sea seems to meet the sky, the shadow of a passing cloud. There is much to be observed and enjoyed in this meeting of nature and your consciousness through the sense of sight.

But though you might look at the sea every day for a lifetime you would not come to know its true nature. It is only when you can go beneath its surface and there behold the growing forests, peopled by countless forms of life, alive with powerful currents, changes in tem-

peratures and a different kind of light -- it is only then that you really begin to know the true nature of the sea. The pressures of depth, the elements of which each tiny drop is constituted, the inner surface of sand and rock...all these are part and parcel of a different world than the obvious one...an added dimension of reality.

Love is a focusing agent which adds another dimension of reality to the surface view of life.

When you experience any kind of relationship with another person or persons, it may exist only upon the surface lives of all concerned, as when one contemplates only the surface of the sea. But an in-depth relationship is that in which the dimension of love has been added and it penetrates beneath the surface. It searches the depths of personality to find, both in your Self and in the object of your love, nuances of meaning and reality that are not ordinarily visible.

This new dimension of reality may be described as finding the path which leads from isolation as an individual to oneness with a complement, finding the basis of common purpose. Your own reaction to it is in experiencing a new and more meaningful flow of life energy. To put it in a word, it is awareness. Love enlarges your capacity for awareness.

The ancient adage, "love is blind," is fortunately true. Love can exist in a hovel and isn't dependent upon an appeal to the physical sense of sight in order to flower. The phrase simply means that he who loves is groping beyond the senses to discover the deeper awareness which inner feeling provides. The search is an attempt to become aware of something of more lasting reality than whatever exists on the surface of life. It is the search for oneness. Love is linking the perceptive awareness in you to the perceptive awareness in another.

If all this be true, then every development of your Self increases your capacity to love, to discover oneness.

IF WE ARE ALL ONE...

...then why should anything but love prevail?

Mystics have long said that when they loved another they were, in effect, loving themselves. It is

difficult to imagine a person who would say I love my right hand but I hate my left hand. Is it reasonable that one branch of the human family should despise a different branch of the same family?

If God is present in any, He is present in all.

That some of us do not love in this all-prevading way should not be seized upon as a mark of condemnation. It should be seen as an opportunity to broaden our own horizon of love and make it more inclusive than it has been.

A friend in India from whom I receive an occasional letter sometimes concludes his communication with the words, "The God in me salutes the God in you." If the essence of this statement could be woven into the pattern of our lives, how quickly would the world change.

Of course the immediate reaction to such an idea is that there are just too many who wouldn't respond to it. Even as I write these lines I find myself saying, "But the world isn't ready for that kind of love."

Of course it isn't when considered as a whole. But if the world had to wait for every change until everyone was ready for it, we'd still be chasing one another with clubs. So I must admit that if I am wise enough to understand this principle, then I am evolved enough to practice it. Anything less is simply avoiding my responsibility and, I must also say, my opportunity as a responsible student of the deeper life.

Even upon acceptance of this principle, one does not plunge into a sudden widespread expression of love for everyone else. It is a matter of progressively broadening the scope of your love from the Self to your neighbor, and from your neighbor to all humankind.

LOVE IS THE DISCOVERY OF UNITY

Love is a potential that lies dormant in each of us till we activate it. There are several directions which the expression of love can take, and each of them literally becomes a discovery of unity.

Love of Self is the discovery and appreciation of your own identity as a worthwhile being. It is the discovery that you are a life-unit, an integrated whole being which includes your personality, your emotional and mental natures, your spiritual Self...and that you

are a being with a purpose, that behind your life is a motivating meaning.

Love of another is the discovery that you can find in another person or several other persons complementary factors that enhance both your life and theirs in the search for worthwhile expression. This kind of love can be discovered in relation to a few individuals on a personal basis, or literally in relation to thousands on an impersonal basis.

Love of an object is the discovery that in a certain instance a "thing" (or a circumstance) can make a contribution to your Self expression...can provide a channel for the expression of the inner potentials you possess.

Love of all life is the discovery that there is an aspect of unity existing between you and every form of life. For an example of this, recall the instance I described in Step 4 (pp 6, 7) of discovering the unity of life in myself and the banana tree growing outside our home.

Love of God is the discovery of the unifying essence and connection that exists between you and the Infinite Being. It has been said that man's greatest thought is that he is one with God.

Each of the above described directions which love can take at the same time describes a different kind of love. Each kind of love would score differently on Dr. Sorokin's love-energy measurement scale...intensity, extensity, duration, purity, adequacy...yet they all fall within its boundaries.

LOVE & HATE IN THE WORLD OF MEN

As I looked at today's morning paper, I was impressed by the amount of space devoted to news about hatred in the world. Two of the six columns on the front page chronicled contentions and conflicts which were the toll-taking offspring of hate. Another full column could be considered as bordering on the subject.

First I thought of estimating the cost in lives and dollars. But I soon realized that it would be impossible to sum up the staggering total.

Then I remembered something that a good friend, John Morley, one of the most popular lecturers of our

time, has often stated. Mr. Morley is also a newspaper correspondent and has covered the conflicts of man around the world for more than thirty-five years. He has seen hatred at work, and knows its death-dealing potential.

He often introduces in his lectures the idea that conflict and tragedy have news value far out of proportion to the amount of love and accomplishment which goes unnoticed. Mr. Morley insists that there is a lot more love in the world than hatred, but it just isn't news.

Though we certainly can be encouraged by this fact, which becomes obvious after but brief consideration, we must not be lulled into ignoring the hatred that does exist. We must realize that even a little hate is too much. And that each of us would very much like to do away with what there is.

Isn't it true, then, that one can perform no greater service for all mankind than to add a little more weight on the love side of the scale?

It needn't be, and probably can't be, a gesture of world-shaking magnitude. Something that awakens the minds of all men everywhere. It need only be a permeation of the atmosphere of your own life with the qualities of love. Such an expression possesses potencies, far more powerful than you realize, that filter through the affairs of men, surely and invisibly, as water permeates the atmosphere we indraw with every breath. The expression of love has the unique quality of being universal even though its focal point is completely personal.

Furthermore the practice of love, the true soul-art which is the basic urge of the Self, leads to the discovery that...

LOVE IS THE ESSENCE OF CREATIVITY

Babies and wars, sweet tasting candies and ponderous air giants, glue, skyscrapers, paper clips and perfume all have something in common. They have been the offspring of creative man.

At any given moment, three billion or more individuals are engaged in creative acts -- and probably not five of them can tell just why they are expressing an inner urge which apparently cannot be stifled.

The power of creation is more than just the expression of sexual desire. It also exists within the little boy who, for his own amusement, scoots his tiny boat across muddy gutter water. It is in the laboratory hermit who experiments with a new plastic. It is in the advertising man who visions a new mass sales technique. It is in the housewife who adds another pinch of salt to make those extra good dumplings.

Babies are not the only result of creative acts. A melody, a well tailored suit, a better furnace, a stronger bridge, a longer lasting fingernail polish, and a more powerful automobile engine also are results of creative power at work. Creation is not confined to the arts. Man has directed his creative powers toward the smallest and the largest, the simplest and most complex things of everyday life. There is not one item used by man, or even known to him, which has not been the subject of creative man's attention. Even the mere earning of money, fifteen dollars a week or half-million a year, is the result of individual creativity in one respect or another.

Man may not always create wisely. But he cannot escape creating. There is a creative yeast inside him which leavens the loaf of his entire life. He is, at once, a unit of creation and a creative unit from the moment of his birth till the last physical goodbye... and quite probably before and after those momentous occasions as well.

If man is not creating things he is creating circumstances, either pleasant or unpleasant. If he is not creating circumstances he is creating health, either good or bad. If he is not creating health he is producing a state of mind, either happy or unhappy. If there is any way in which he has been made in the image of his God it is in the fact that he is a creator.

He may be a creator with a small c, but that is a matter of degree only. It is just about as wonderful for a man, with only thirteen different tonal sounds at his disposal, to create a Swanee River or a Fifth Symphony as for God to create "the heaven and the earth." To be sure, there is a great difference between the two results, but the man was limited within certain boundaries and, as far as we know, God did not limit Himself when He began changing void and darkness into form and light.

So love is creativity, and love is harmony, and

love is the greatest law of all.

THE TEACHER WHO WASN'T A TEACHER

As we near the conclusion of our 10th Step, let us momentarily consider the philosophy of education. The purpose of this series, as I see it, is not simply to provide you with something to remember. Rather, it is to offer you something to experience.

To remember a theory in geometry or a fact in history may be considered education by some, but theories and facts are not meaningful unless they are experienced in the context of vital life. Though I realize the necessity for both, it seems to me that education should be constituted of experience stimulation as well as fact assimilation.

I arrived at this conclusion through a process of growing awareness brought to a sudden peak of realization when I learned the story of Addie Dunn, a member of Astara Foundation until her death a short time ago. In her youth she had obtained a college degree in education and was qualified to teach at the high school level.

But Addie preferred to work as a domestic in the homes of other persons for she felt that in such a non-academic atmosphere she could be an effective educator in a more personal way. She raised two generations of children in a family not her own.

Finally the time arrived when she was no longer needed to supervise the second generation of the family that employed her. Though she had saved throughout her lifetime and could have retired in modest but pleasant circumstances, could have enjoyed a life of ease or have travelled, Addie still possessed a vast reservoir of love that demanded an outlet.

She moved to a little home near an "under-privileged" section of the town in which she lived, and began gathering the neighborhood children for informal visits. She believed that a meaningful philosophy wasn't always to be found on street corners, drugstore magazine racks, or TV programs, so she gave them the privilege of using the large library of philosophical books she had collected.

She told the youngsters stories of inspiring quality. She discussed their troublesome problems.



*From the frontispiece to "An Elegy, Set To Music By
Thos. Commins." (1786)*

*The original, designed and engraved by William Blake,
the noted 18th century English painter, poet and mystic,
illustrates four lines from the Elegy:*

*"The shatter'd bark from adverse winds
Rest in this peaceful haven finds;
And when the storms of life are past
Hope drops her anchor here at last."*

Gently, lovingly, she imparted a sense of meaning, self-identity and aspiration to minds that came to sparkle with life, minds which otherwise would have become dulled with the commonplace. Her devotion was complete, unselfish, loving.

Addie pounded no facts into the minds of her young seekers. She stimulated, inspired, pointed out goals that promised exciting inner adventures.

I've attempted to adopt Addie Dunn's philosophy of education in this series of lessons. I do not mean to tell you what you should remember, but hope to have inspired you to experience for yourself some measure of the remarkable potentials you possess. After laying aside these lessons, you take another step toward Self-fulfillment each time you have your own experience with the ideas they contain. Only then do they become truly yours. For then you will no longer be thinking about the Self, you will be thinking and acting through the Self.

CONCLUSION

We have arrived at the last Step to Self-fulfillment. We have gained a measure of knowledge concerning what you really are, what potentials you possess, what your mission is, and your relation to the Infinite.

We have learned how to unite the two worlds. How to control cycles and conquer cause and effect. We have learned how to gain serenity, how to organize our efforts, how to use the law of love.

We have journeyed together on the "Infinite Adventure," the great game of discovering who and what you are and what you can do and become...the mission of Self-fulfillment.

In essence, we have attempted to include additional levels of life within the periphery of everyday expression. To expand the normal consciousness so that it includes an awareness of a greater portion of the Self...and functionally to include additional aspects of the Self in the scope of normal consciousness.

"What shall I do with all this material?" Is this the question you now ask?

I offer a final suggestion. Select the one Step that you believe offers you the greatest promise of

benefit. Study it again. Begin to apply its theories. Test them, in various ways and combinations, in actual practice. Use them to challenge improvable areas and conditions both within and outside yourself. Make them work for you as they have for others.

Remember, the theory of Self-fulfillment is merely a tool for you to use to gain Self-fulfillment.

To accomplish this is the usually unrealized objective for which each of us strives through everything we do in life. We may center our immediate attention on becoming an artist or salesman, an engineer or educator, on acquiring home or family, or a thousand and one other goals. But through it all we basically search for Self-fulfillment. It is our quest eternal, our infinite adventure.

If the adventure is infinite, it never ends. He who continues to learn remains ageless. There is but one more point to bring this series to its fulfillment:

"...to thine own Self be true..."

